

# Smart tips for keeping your baby healthy

There are steps you can take to help keep your baby protected and healthy whether you're at home or out and about:

## 1 BREASTFEED

Breastmilk is not only the best source of nutrition for your baby, it also contains many substances that benefit her immune system. These include antibodies, enzymes, and white blood cells.

## 2 Keep your baby's immunizations up-to-date

The American Academy of Pediatrics updates its immunization guidelines every 6 to 12 months. Talk with your baby's physician and make sure your baby's shots are up to date.

## 3 STEER CLEAR OF ESCALATORS

Escalator steps are too narrow for a stroller's front and back wheels, making the stroller more likely to flip. Pushing a stroller also keeps you from holding the handrail, which may cause you to lose your balance.

## 4 Carry hand sanitizer

Use an alcohol-based sanitizer after touching ATMs, gas pumps, escalator handrails, and shopping carts, and after signing credit card slips. Hand sanitizer is not recommended for your baby.

## Tote multiple pacifiers

Make sure to bring along extra bottles or pacifiers in case your baby drops hers on the floor.

## 5

## 6 STAY AWAY FROM SMOKY PLACES

A smoker inhales only 15% of smoke from a cigarette—the remaining 85% becomes secondhand smoke. There's no safe level of exposure for your baby.